

**Nike Swim Long Course Invitational- May 14-16, 2010
Warm-Up Lane Assignments- ALL AGES FRIDAY Evening Session**

OPEN WARM UP for ALL AGES

General Warm Up: Lanes 1-10- 3:30-4:30 PM

Specific Warm Up: 4:30-4:45 PM

Lanes 1 & 10 Pace ONLY

Lanes 2 & 9 Sprints ONLY- One Way

Meet Starts at 5:00 PM

		<i>SunTrust Pool</i>			<i>Chattem Pool</i>			
Starting Area	Lane 10	OPEN /Pace: 4:30-4:45 PM				Lane 10	Starting area	Diving Board Area
	Lane 9	OPEN /Sprints One Way 4:30-4:45 PM				Lane 9		
	Lane 8	OPEN				Lane 8		
	Lane 7	OPEN				Lane 7		
	Lane 6	OPEN				Lane 6		
	Lane 5	OPEN				Lane 5		
	Lane 4	OPEN				Lane 4		
	Lane 3	OPEN				Lane 3		
	Lane 2	OPEN /Sprints One Way 4:30-4:45 PM				Lane 2		
	Lane 1	OPEN /Pace: 4:30-4:45 PM				Lane 1		

Spectator Seating Above Pool

Nike Swim Long Course Invitational- May 14-16, 2010
Warm-Up Lane Assignments- 13 & Over- SATURDAY & SUNDAY Morning Sessions

OPEN WARM UP for 13 & Over

General Warm Up: Lanes 1-10- 7:00-8:00 AM
Lanes 3-8- 7:00-8:20 AM

Specific Warm Up: 8:00-8:20 AM
Lanes 1 & 10 Pace ONLY
Lanes 2 & 9 Sprints ONLY- One Way

Meet Starts at 8:30 AM

		<i>SunTrust Pool</i>			<i>Chattem Pool</i>			
Starting Area	Lane 10	OPEN / Pace- 8:00-8:20 AM				Lane 10	Starting area	Diving Board Area
	Lane 9	OPEN / Sprints One Way- 8:00-8:20 AM				Lane 9		
	Lane 8	OPEN				Lane 8		
	Lane 7	OPEN				Lane 7		
	Lane 6	OPEN				Lane 6		
	Lane 5	OPEN				Lane 5		
	Lane 4	OPEN				Lane 4		
	Lane 3	OPEN				Lane 3		
	Lane 2	OPEN / Sprints One Way- 8:00-8:20 AM				Lane 2		
	Lane 1	OPEN / Pace- 8:00-8:20 AM				Lane 1		

Spectator Seating Above Pool

Nike Swim Long Course Invitational- May 14-16, 2010
Warm-Up Lane Assignments- SATURDAY Evening Mile Session

OPEN WARM UP

Warm Up: APPROX. 2:45-3:15 PM

Meet Starts at following warm-up

Nike Swim Long Course Invitational- May 14-16, 2010
Warm-Up Lane Assignments- 12 & Under SATURDAY Afternoon Session

Warm Up #1: APPROX. 11:20-11:45 AM

Meet Starts following warm-up

		<i>SunTrust Pool</i>			<i>Chattem Pool</i>		
Starting Area	Lane 10		ACAC		Lane 10	Starting area	Diving Board Area
	Lane 9		ACAC		Lane 9		
	Lane 8		ACAC		Lane 8		
	Lane 7		MCAL		Lane 7		
	Lane 6		MCAL		Lane 6		
	Lane 5		MTSC, UN-Alpha Aquatics, TSC		Lane 5		
	Lane 4		Huntsville Swim Association, PACK		Lane 4		
	Lane 3		BAYLOR		Lane 3		
	Lane 2		BAYLOR		Lane 2		
	Lane 1		BAYLOR, UN-City ATL		Lane 1		

Spectator Seating Above Pool

Nike Swim Long Course Invitational- May 14-16, 2010
Warm-Up Lane Assignments- 12 & Under SATURDAY Afternoon Session

Warm Up #2: APPROX. 11:45 AM-12:10 PM

Meet Starts following warm-up

		<i>SunTrust Pool</i>			<i>Chattem Pool</i>		
Starting Area	Lane 10		XCEL		Lane 10	Starting area	Diving Board Area
	Lane 9		XCEL		Lane 9		
	Lane 8		XCEL		Lane 8		
	Lane 7		BSC		Lane 7		
	Lane 6		SBY, GSC, SSA		Lane 6		
	Lane 5		SAC!		Lane 5		
	Lane 4		BSL, Riverdale		Lane 4		
	Lane 3		BSL		Lane 3		
	Lane 2		BSL		Lane 2		
	Lane 1		BSL		Lane 1		

Spectator Seating Above Pool

Nike Swim Long Course Invitational- May 14-16, 2010
Warm-Up Lane Assignments- 12 & Under SUNDAY Afternoon Session

Warm Up #1: APPROX. 11:30-11:55 AM

Meet Starts following warm-up

		<i>SunTrust Pool</i>			<i>Chattem Pool</i>		
Starting Area	Lane 10		BSL		Lane 10	Starting area	Diving Board Area
	Lane 9		BSL		Lane 9		
	Lane 8		BSL		Lane 8		
	Lane 7		BSL, Riverdale		Lane 7		
	Lane 6		SBY, GSC, SSA		Lane 6		
	Lane 5		SAC!		Lane 5		
	Lane 4		BSC		Lane 4		
	Lane 3		BAYLOR		Lane 3		
	Lane 2		BAYLOR		Lane 2		
	Lane 1		BAYLOR		Lane 1		

Spectator Seating Above Pool

Nike Swim Long Course Invitational- May 14-16, 2010
Warm-Up Lane Assignments- 12 & Under SUNDAY Afternoon Session

Warm Up #2: APPROX. 11:55 AM-12:20 PM

Meet Starts following warm-up

		<i>SunTrust Pool</i>			<i>Chattem Pool</i>		
Starting Area	Lane 10		XCEL		Lane 10	Starting area	Diving Board Area
	Lane 9		XCEL		Lane 9		
	Lane 8		XCEL		Lane 8		
	Lane 7		MTSC, UN-Alpha Aquatics, TSC		Lane 7		
	Lane 6		Huntsville Swim Association, PACK		Lane 6		
	Lane 5		MCAL		Lane 5		
	Lane 4		MCAL		Lane 4		
	Lane 3		ACAC		Lane 3		
	Lane 2		ACAC		Lane 2		
	Lane 1		ACAC		Lane 1		

Spectator Seating Above Pool